



SPORTS for Exceptional Athletes (S4EA) is a sports program serving athletes with developmental disabilities ages 5 through adult in San Diego. 9575 Aero Drive, Suite B, San Diego, CA 92123 * Website: www.s4ea.org * E-mail: sds4ea@gmail.com * Phone 858-565-S4EA (7432).

SPORTS NEWS - NOVEMBER 2019

Published Monthly for Athletes, Families, Friends, Volunteers, Coaches & Other Supporters of SPORTS for Exceptional Athletes. Editor: Walter Jackson.

2019 S4EA Sponsor Wall of Fame

SPORTS for Exceptional Athletes has grown tremendously during 2019. S4EA has 1,400 athletes with developmental disabilities competing in over 20 sports. S4EA would like to thank the following supporters for giving our athletes many SPORTS opportunities:

Platinum (\$10,000+)

Developmental Services Fnd
Hervey Family Fund at SDF

Gold (\$5,000+)

Harris, Jerry & Mary Ellen
Venicom, Inc.

Silver Medal (\$1,000+)

Ahrens Mechanical, Inc.
Arc of San Diego
Bank of Southern California
Brumbach, James 'Nick'
Buckley, Jill
Campanaro, Joy
Cox, Brian
Emlen, Mary
Frattasio, Chris
Gibson, David
Grey, Rondi & Michael
Harris, Richard
Hasper, Randy
HM Electronics
La Jolla Kiwanis Foundation
Mitchell, B. Greg
National Certified

O'Brien Charitable Fund, Adam

Rotary Club of La Mesa
San Diego Gulls
SD Firefighters Local 145
Sempra Employee Giving
Walton, Bill
Whitmore, Michael
Wolfsheimer, Marc
Yates, Angela

Bronze Medal (\$500+)

ADT
Bradshaw, Michael
Bricnet, Martial
Buckley Family
Cagle, Michiko
Daly, Tim
Davis-Olsen, Babette/Meryl
Friends of SPORTS
Goldbaum, Michael
Harris, Michael
Harris, Sally
Howard, Willard
Jackson, Walter A.
Keith, Ron
Lanterman Athletic Fund

Lowry, Deborah
Mejia-Powell, Beda
Oceanside Civitan
Olsen, Eric
Principal Foundation
Qualcomm, Inc.
Rathbun, Diana
SD Retired Fire & Police Fnd
Sonnenberg & Co. CPA
Sonnenberg, Len
Stickley Design Group Architects
United Domestic Workers of America
United Way of San Diego Co.

Blue Ribbon (\$100+)

Ahrens, Greg
Ahrens, Tamara
Allison-McCloskey
AmazonSmile Fnd
Anonymous
Beckett, Downie
Bertussi, Giovanni
Braut, Martha
Breen-Hedges, Christina
Broadcom
Callender, Denise
Chambers, Hank

Clark, Dolores
Clark, Joyce
Cunningham, Mary E.
Daly, Mike
Daly, Terence
Daneau, John
Dean, Rhonda
Devine, Nancy
DiMascio, Denise
Downes, Clara M.
Dutcher, Michael
English, Cynthia
Flam, Garry
GG&G Corporation
Ghio, Emil
Glinatsis, Cheri
Godwin, Perette
Gregorio, Randi
Guinea, Enrique
Hansen, Gerald
Jackson, Dorothy
Jensen, Richard
Johnson & Johnson
Journey Church Escondido
Juengst, Michael
Kadowaki, Lisa

Kawamoto, Karen
Kelly, Marc
Kennington, Sarah
King, Mirabelle
Kirste-Burge, Catherine
Kiwanis Imperial Beach/So Bay
Kiwanis of Alpine
Koch, Nicole
Lamb, Peter
Larkin, Carol
Levinson, Randy
Lipscomb, Jeff
MacNeilan, Duane
Martin, 'Mad' Mike
Mason, Editha
Matsaura, Janet
Morgan, Russ
Nelson, Kathy
Nelson, Robert
NLYM-La Jolla Chapter
Norten, Miriam
Olson, Chris
Owens, Willie
Perkins, Mary Ann
Perrero, Steve
Peterson, Raymond

Poutous, Ginger
Rathbun, Matthew
Robles, Jovita
Ross, Bobby
Schmid, Katie
Smith, Leslie
Swartout, Michael
Teamsters Local Union #481
Teamsters Local Union #542
Thayer, James
Union Bank
Vessel, Richard
Villareal, Rosemary
Wasserman, Linda
West, James
Wojdowski, Stephen
Yang, Bin
Young, Eric

Thank you to the 2019 Sponsors and the other 134 donors who contributed this year.

S4EA Athlete Council Activities – Bunco Nov 8 & Holiday Party Dec 12

SPORTS for Exceptional Athletes presents 'Bunco' on Friday, November 8 at S4EA/North Shores (9575 Aero Drive, San Diego 92123) from 6-8pm. Tickets are \$20, which includes hors d'oeuvres, soft drinks and two rounds of tournament play. Win prizes for most Buncos, most wins, and most losses. A unique fundraising adventure that will be fun for all. If interested in playing Bunco, winning prizes & supporting S4EA, call 858-565-7432 or go to the S4EA website www.s4ea.org.

The S4EA Holiday Party is scheduled for Thu Dec 12th from 5:30-8pm at Eagles Aerie (3848 Centre St. at University Ave., SD 92103). Activities include music, dancing, caroling, dinner, visit by Santa & gift exchange. No cost. RSVP by Dec 5th to S4EA at 858-565-7432.

S4EA athletes are marching in the Holiday Bowl Parade on Thursday, December 26th from 2-4:30pm on Harbor Dr. in San Diego.

S4EA Tournament/Event Dates

- November 8** S4EA Bunco Fundraiser – S4EA/North Shores (6-8pm)
- November 23** S4EA Volleyball & Table Tennis Tournament – Balboa Park Activity Center (9am-5pm)
- December 8** S4EA Floor Hockey Tournament – Francis Parker School (9am-5pm)
- December 12** S4EA Holiday Party – Eagles Aerie (5:30-8pm)
- December 15** S4EA Bowling Tournament – Bowlero Chula Vista (8:30am-4pm)
- December 26** Holiday Bowl Parade – County Admin. Bldg. on Harbor Dr. (2-4:30pm)
- February 4-6** S4EA Winter Games (Downhill & CC Ski, Snowboard, Snowshoe) – Cedar Lake in Big Bear
- February 29** S4EA Guacamole Bowl - Balboa Park Club (10am-2pm)
- April 17-19** S4EA Surf Camp #1 – YMCA Camp Surf, Imperial Beach (Fri 4pm-Sun-1pm)
- May 28** S4EA "A Taste 4 SPORTS" Gala Fundraiser – Balboa Park Club (6-9pm)
- Jul 31-Aug 2** S4EA SPORTS Camp #2 – Buckhorn Camp in Idyllwild (Fri 4pm-Sun 1pm)

S4EA Fall Season

Athletes and volunteer coaches come join us in the following fall season sports (also see calendar):

<u>Sport-Practices Meet</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
<u>Bowling</u>	Mon	3:30-5:00pm	Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, San Diego 92111)-\$3 for 2 games
	Sat	11:00am-1pm	Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)-\$7.25 for 2 games [League Play]
	Sat	1:30-3:30pm	Poway Fun Bowl (12941 Poway Rd., Poway 92064)-\$5.50 for 2 games plus \$2 for shoes
	Tourn-Dec 15	Sun	8:30am-4pm
<u>Cycling</u>	Sat Nov 2	12:30-4:30pm	San Diego County Administrative Center on Harbor Dr.-Round the Bay
	Sat Nov 9	7am-12 noon	Liberty Station-Ride the Point/End of Season Picnic [call Russ 619-992-0164 for info]
<u>Floor Hockey</u>	Mon	5:30-8:00pm	Mid-City Gym (4302 Landis St., San Diego 92105)-not Nov 11 & 18 [League Play]
	Thu	4:00-5:30pm	Kearny Mesa Recreation Center (3170 Armstrong, San Diego 92111)-not Nov 28 [Juniors]
	Thu	6:00-7:30pm	Bostonia Recreation Ctr (1049 Bostonia, El Cajon 92021)-not Nov 28
	Fri	5:00-6:45pm	Otay Recreation Center (3554 Main St., Chula Vista 91911)-not Nov 29
	Sacramento-Nov 24	Sun	9:00am-5:00pm
Tourn-Dec 8	Sun	9:00am-5:00pm	Francis Parker School (6501 Linda Vista Rd, San Diego 92111) [Civitan provide lunch]
<u>Golf</u>	Sat	11am-12:30pm	Town Park Villas Golf Course (6301 Gullstrand St., San Diego 92122) ending Oct 26-cost \$8
<u>Ice Skating</u>	Sat	1:00-3:00pm	TSA Kroc Center (6845 University Ave, San Diego 92115)-\$5 per session
	Wed	4:00-5:00pm	San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126)
	Thu	3:30-5:00pm	University Towne Center (4545 La Jolla Village Dr, San Diego 92122) except Nov 28
<u>Swimming</u>	Fri	3:30-5:00pm	Copley YMCA (4300 El Cajon Blvd, SD 92105) not Nov 29-\$5/ses.-\$15/mo. [swimmers only]
<u>Table Tennis</u>	Sun	12:00pm-1:00pm	After School Learning Tree (11525 Sorrento Valley Rd, San Diego 92121)
	Tourn-Nov 23	Sat	9:00am-5:00pm
<u>Volleyball</u>	Tue	5:45-8:30pm	Hoover High School (4474 El Cajon Blvd, San Diego 92115) ending Nov 19 [League Play]
	Tue	6:00-7:00pm	Boys & Girls Club-Vista (410 W California Ave, Vista 92083) ending Nov 19
	Tourn-Nov 23	Sat	9:00am-5:00pm

Subscribe to Practice Calendar and never miss a Practice

The S4EA website www.s4ea.org now offers the option to **subscribe** to calendars for each sport and practice site. Your favorite email or calendar program (Outlook etc.) on your computer or phone will always contain up-to-date information regarding your sports practices including time and location. You may find this option on all the Sport's pages or the **News & Events** page. **Android** users may need to install **WebCal-Sync**.

S4EA Code of Conduct

S4EA is fully committed to safeguarding and promoting the well-being of athletes, coaches, volunteers and others that participate in any S4EA activities. At practices, tournaments, social activities, and special events, the coach to athlete ratio varies considerably. Parents and/or guardians of athletes that need a higher level of supervision will be expected to help supervise their athlete.

In order to be a part of S4EA, athletes and volunteers sign a Registration Form stating that they agree to adhere to the following code of conduct: Follow all sports rules of S4EA. Follow the S4EA Fair Play Guidelines. Follow all laws of local, state, and federal government. Illegal drugs will not be tolerated. Since S4EA is a sports organization, smoking and drinking should be avoided anywhere near the sports venues. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background, sexual orientation, or religion. Inappropriate or illegal acts by participants will warrant S4EA to take action appropriate to the offense. Report any violations of Code of Conduct to Executive Director or Associate Director at S4EA office. For more info, contact S4EA at 858-565-7432.



858-565-7432

SPORTS for Exceptional Athletes

www.s4ea.org



~ November 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Community Giving Program</u> Please contact Clara at sds4ea@gmail.com or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program.</p>	<p><u>Donate Stocks to S4EA</u> Tax season has arrived & if you would like to donate appreciated securities, stocks, or real estate to S4EA, call attorney Jerry Harris at 619-282-4415.</p>	<p><u>Shop Online during Holiday Season with AmazonSmile</u> By registering S4EA at smile.amazon.com, Amazon will donate 0.5% of the purchase price to S4EA. You get the same low prices & selection as on Amazon.com. Support S4EA and find all of your holiday essentials including gifts, decorations, and more.</p>			<p>1 FH-SB 5-6:45pm Otay Rec SW-C 3:30-5pm Copley Y</p>	<p>2 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CY 12:30-4:30pm Admin Bldg.-Round the Bay IS-C 1-3pm TSA Kroc Center</p>
<p>3 Daylight Savings Ends TT-C 12-1pm Sch. Learn Tree</p>	<p>4 BO-C 3:30-5pm KM Bowl FH-C 5:30-8pm Mid City Gym</p>	<p>5 Election Day VB-C 5:45-8:30pm Hoover VB-NC 6-7 B&G Vista</p>	<p>6 IS-SR 4-5pm SD Ice Arena</p>	<p>7 FH-Jr 4-5:30pm Kearny Rec FH-EC 6-7:30pm Bostonia IS-SR 3:30-5pm UTC</p>	<p>8 S4EA Bunco -North Shores 6-8pm FH-SB 5-6:45pm Otay Rec SW-C 3:30-5pm Copley Y</p>	<p>9 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CY 7am-noon Liberty Stat.-Ride Pt/Picnic IS-C 1-3pm TSA Kroc Center</p>
<p>10 TT-C 12-1pm Sch. Learn Tree</p>	<p>11 Veterans Day BO-C 3:30-5pm KM Bowl</p>	<p>12 VB-C 5:45-8:30pm Hoover VB-NC 6-7 B&G Vista</p>	<p>13 IS-SR 4-5pm SD Ice Arena</p>	<p>14 FH-Jr 4-5:30pm Kearny Rec FH-EC 6-7:30pm Bostonia IS-SR 3:30-5pm UTC</p>	<p>15 FH-SB 5-6:45pm Otay Rec SW-C 3:30-5pm Copley Y</p>	<p>16 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV IS-C 1-3pm TSA Kroc Center</p>
<p>17 TT-C 12-1pm Sch. Learn Tree</p>	<p>18 BO-C 3:30-5pm KM Bowl</p>	<p>19 VB-C 5:45-8:30pm Hoover VB-NC 6-7 B&G Vista</p>	<p>20 IS-SR 4-5pm SD Ice Arena</p>	<p>21 FH-Jr 4-5:30pm Kearny Rec FH-EC 6-7:30pm Bostonia IS-SR 3:30-5pm UTC</p>	<p>22 FH-SB 5-6:45pm Otay Rec SW-C 3:30-5pm Copley Y</p>	<p>23 S4EA Volleyball & Table Tennis Tourn-Balboa Pk Activity Ctr 9-5pm BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV IS-C 1-3pm TSA Kroc Center</p>
<p>24 Sacramento Floor Hockey Tourn TT-C 12-1pm Sch. Learn Tree</p>	<p>25 BO-C 3:30-5pm KM Bowl FH-C 5:30-8pm Mid City Gym</p>	<p>26</p>	<p>27 IS-SR 4-5pm SD Ice Arena</p>	<p>28 Thanksgiving</p>	<p>29</p>	<p>30 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV IS-C 1-3pm TSA Kroc Center</p>
<p><u>Designate S4EA with United Way</u> United Way & Ca State Employees charitable workplace campaigns start soon. Designate S4EA by giving United Way or Ca St. Emp. our full name & address: S4EA, 9575 Aero Dr #B, SD 92123. Thanks for your support.</p>	<p><u>Vols Needed in S4EA Office</u> Volunteers are needed to help with various office projects including mail-outs, newsletters, etc. Call S4EA at 858-565-7432 to help.</p>	<p><u>Fall Season Sports</u> - Bowling (BO) - Floor Hockey (FH) - Table Tennis (TT) - Volleyball (VB)</p>	<p><u>Fall Season Sports</u> - Cycling (CY) - Golf (GO) - Ice Skating (IS) - Swimming (SW)</p>	<p><u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch</p>	<p><u>Facilities</u> Bostonia Recreation Center Boys & Girls Clubs Vista Hoover High School Kearny Mesa Rec. Center Mid-City Gym Otay Recreation Center TSA Kroc Center</p>	<p><u>Facilities</u> After School Learning Tree Bowlero Chula Vista Copley YMCA Kearny Mesa Bowl Poway Fun Bowl Town Park Villas Golf Course University Towne Center</p>

The purpose of SPORTS for Exceptional Athletes is to create enhanced opportunities for people with and without disabilities to interact and form lasting bonds of friendship through shared sports and recreational activities in their community.

SPORTS – Special Program Opportunities in Recreation, Teamwork, and Sports



Enjoy your Thanksgiving Feast on November 28th!



S4EA "Guacamole Bowl" Feb 29

The 17th Annual Law Enforcement Challenge S4EA "Guacamole Bowl" is being held Saturday, February 29th from 10am-2pm at the [Balboa Park Club](#) (2144 Pan American Road West, San Diego 92101). The Guacamole Bowl is expected to attract more than 1,500 guests who taste guacamole from more than 25 teams & help determine who makes the best guacamole. The Guacamole Bowl is a members only event. All S4EA athletes, coaches, volunteers & supporters who receive the monthly S4EA newsletter are S4EA members. The cost to attend is \$8. Last year's Guacamole Bowl made over \$15,000 to benefit S4EA. Teams compete in Law Enforcement, Champions & Open Div. To enter a team, the Entry Fee is \$25. Call 858-565-7432 for more information.



SPORTS
for Exceptional Athletes



SPORTS for Exceptional Athletes
9575 Aero Drive Suite B
San Diego, CA 92123
E-mail: sds4ea@gmail.com
Website: www.s4ea.org
Phone: 858-565-S4EA (7432)
Fax: 858-565-7431

NONPROFIT ORG.
US POSTAGE
PAID
SAN DIEGO, CA
PERMIT NO.1781

ADDRESS SERVICE REQUESTED



How To Register In S4EA

If you are interested in becoming an athlete in SPORTS for Exceptional Athletes, please call the S4EA Office at 858-565-7432 and we will mail you a Registration Packet. You can also download registration information directly from the SPORTS for Exceptional Athletes website at www.s4ea.org. The Registration Fee is \$20 per sport (scholarships available). S4EA offers over 20 sports: baseball, basketball, bocce, bowling, cross country/downhill skiing, cycling, flag football, floor hockey, golf, ice skating, snowboarding, snowshoeing, soccer, softball, swimming, table tennis, tennis, track, volleyball & walking/running/exercise.

In team sports, teams may be made up of athletes with developmental disabilities, families, friends, and others in the community who want to play on inclusive teams.

SPORTS for Exceptional Athletes (S4EA) is a sports program serving 1,400 athletes with developmental disabilities ages 5 through adult in San Diego County.

SPORTS Pledge

*I practice hard. I do my best. . .
I play with Pride. . . You'll be impressed!
We are SPORTS for Exceptional Athletes.*

S4EA Needs Your Help

SPORTS for Exceptional Athletes is a volunteer-based community-wide program that needs your help:

- To serve as coach, event organizer, fundraiser, sports official, or other worker.
- To provide sports facilities, equipment, meals, and other in-kind services.
- To provide operating funds for the SPORTS for Exceptional Athletes program here in San Diego County. SPORTS for Exceptional Athletes is a non-profit 501(c)(3) organization (ID # 20-8886536). Contributions are tax deductible as allowed by law.
- To [donate a vehicle to S4EA](#), call toll free 855-500-7433; free pick-up; tax receipt provided; and no smog certificate required.

 Find us on
Facebook
WWW.FACEBOOK.COM/SPORTS4EA

[Volunteers](#) are needed as coaches for the Fall Season in bowling, floor hockey, golf, ice skating, swimming, table tennis, and volleyball.

You do not need any prior experience in the sport or working with persons with developmental disabilities, just a desire to help. Head coaches run the practices, while assistant coaches help the athletes under the direction of the head coach in teaching the athletes various sports skills. Volunteers also act as scorekeepers and timers in team sports league play. Coaches spend 2-3 hours weekly for a 3-month period. Call S4EA Office at 858-565-7432 to get involved.

SPORTS Endowment Fund

S4EA has created the [SPORTS Endowment Fund](#) to help ensure long-term continuity and sustainability for S4EA. For more information on planned giving and other endowment options, call attorney Jerry Harris at 619-282-4415.